



Menu Planning for Managing Food Allergies

I think that one of the main difficulties in dealing with multiple food allergies is the extra time needed to prepare suitable meals and snacks.

Of course, one of the ways I've overcome this is by creating simple and quick recipes that are easy to cook in batches and freeze (see the the Feed me allergy free recipe book available from www.feedmeallergyfree.co.uk).

However, another simple strategy that saves both time and money is menu planning. Planning a week in advance can be a great time saver and enables you to compile a detailed shopping list so you know exactly what you need to buy at your weekly shop.

It also means you can think ahead, so if for example you know you are going to be busy one evening, you can prepare a bigger batch earlier on in the week and then pop it in the freezer for when you need it.

Another great advantage of meal planning is that it saves you money...no more throwing away of food you bought but never got round to eating!

Top 5 tips for effective meal planning:

1. Select a day of the week to go food shopping and the day before going sit down and plan your meals for the week.
2. Plan meals that are simple to prepare and that can be adapted to suit all the family.
3. If possible, cook in larger quantities and freeze half for another day.
4. If you've got the oven on, think of other things that you can easily prepare at the same time, for example, potato wedges or roasted vegetables which can be eaten as a snack or part of a meal the next day.
5. Always buy a couple of store cupboard items which require no cooking but can be used in an easy meal, for example, a tin of sardines in sunflower oil or a tin of red kidney beans.

Article written by Lucy Chahil, January 2007

Please note that this article is not intended to provide any professional / medical advice. For advice, always consult your GP or dietician.